Suggested backpack checklist

Altoids box or something similar, containing:

Calling card

4 quarters

laminated emergency phone number list

house key

a couple of bandaids

glow stick or small flashlight

compact toothbrush

hand sanitizer or small package of wipes

whistle

energy bar

fruit snacks

gum or hard candy

space blanket

small notebook and pen

pack of playing cards

These items should all fit into one heavy-duty Ziploc. Put the bag into a pocket of the backpack that your child does not need to use, and leave it for the school year.

If your you think that your child might be especially nervous in a disaster, consider adding photos of the family, a note from Mom or Dad, or a small stuffed animal (like a beanie baby). Try not to make the bag too bulky or heavy, because they will need to keep it with them every day.